

Hire own lifeguards jury recommends

In addition to lifeguards already on-site, schools should hire their own lifeguards for outings that involve swimming, an inquest

jury said last week. The jury was reviewing the death in July of five-year old Lisa Lowe, a North York child who drowned while on a

school trip to Kelso Conservation Area in Milton.

The jury added the school-hired lifeguard shouldn't be expected to oversee more than 50 children in the water.

To prevent such tragedies, the jury recommended children should be paired up in a "buddy system" so that on a given signal the two "buddies" clasp hands and raise their arms for a head count.

Lisa was one of 17 students from a summer program at Lamber-ton Blvd. Public School who were playing in shallow lake water at Kelso.

Trying to quit?

About one-third of Canadians who ever smoked regularly actually quit, according to "Smoking Behavior of Canadians 1981", a federal government publication.

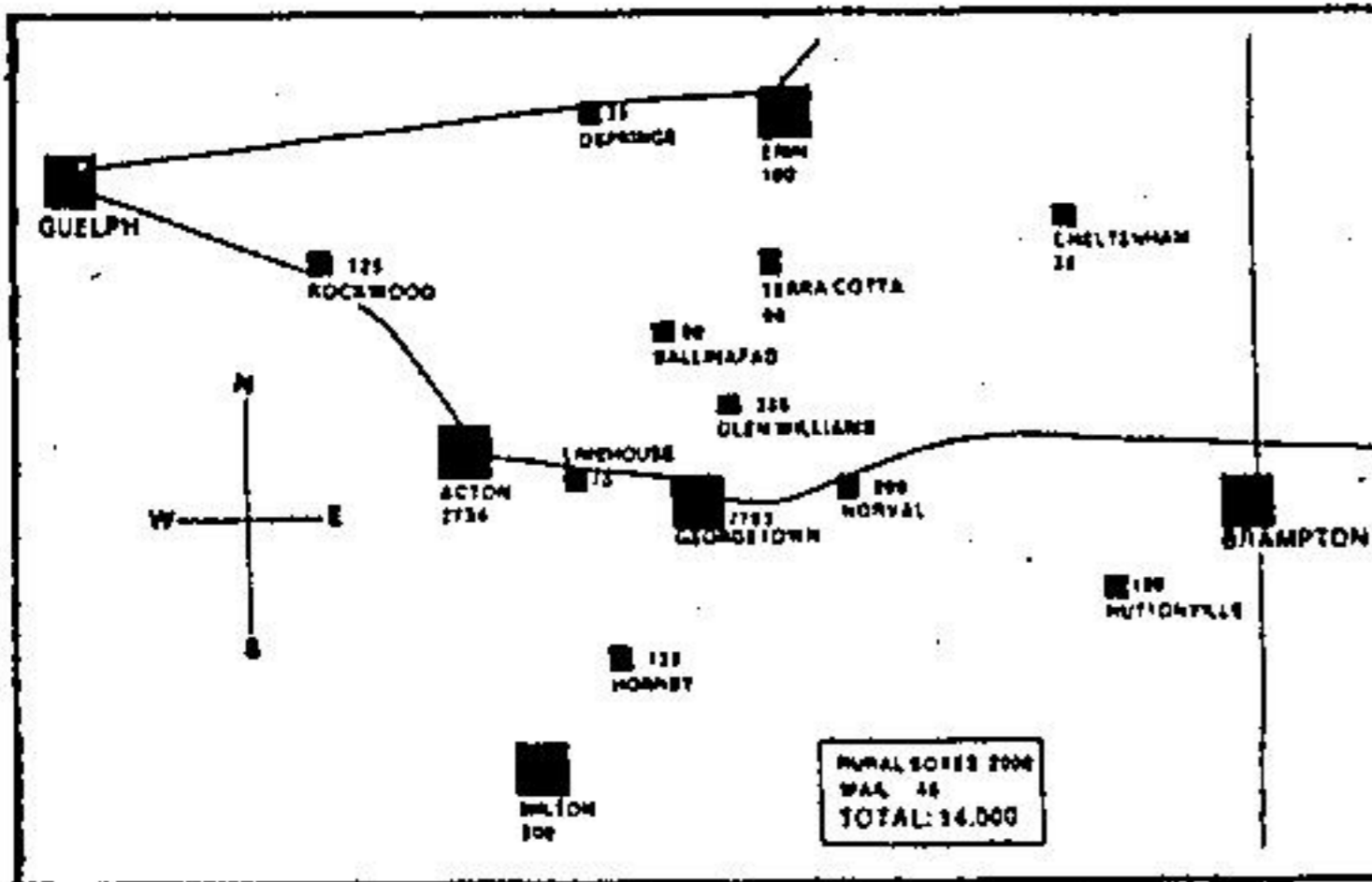
In order to help Canadians who want to stop smoking "quit", health and welfare Canada and the Canadian Cancer Society have developed "Time To Quit" a self-help smoking cessation program.

The program consists of a three-part television mini-series, free self-help booklets and, for those who need additional support, information will be available on follow-up programs.

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